

Note from Administration

CHANGES TO ST. BENEDICT UNIFORM COMING IN SEPTEMBER

We would like to announce that we will have a new uniform supplier for September 2009. R.J. McCarthy School Uniforms will be our official school supplier. McCarthy's supplies uniforms to our other 4 secondary schools in the W.C.D.S.B.

McCarthy's is located at 44 Saltsman Drive in Cambridge or you can visit their web site at www.rjmccarthy.com to register. Entering your contact information will assist with your "Check In" with the receptionist at the store and for future on line purchases.

We will have flyers and promotional information to be distributed with report cards in April.

We would like to thank Marks Work Wearhouse for their support of our community over the past years. They will be selling off the remainder of the Bennies uniform clothing at 50% off until the remaining inventory is depleted.

We will be expecting all Grade 8's to be in McCarthy uniforms. We will permit next years grade 10-12 to wear existing uniforms from Marks, but all future purchase will be from McCarthy's. By September 2010, all students will need to be in McCarthy's uniforms. It is also important to note that the style and uniform expectations will not be changing, except for the addition of a navy blue jacket with B logo to be added for September.

The uniform is an important part of our community culture at Catholic Secondary Schools. Although much has been written about the safety issues it supports, a primary purpose of the uniform is to identify ourselves as a community. The uniform represents a community that shares values and beliefs of a Catholic education. We believe it must be worn with the dignity and respect that our young people deserve in their education.

Thank you for your continued support.

- Mr. J. McKinnon, Principal

Administrative

LITERACY TEST FOR ALL GRADE 10 STUDENTS WILL BE HELD THURSDAY APRIL 2

MRS. L. TEMPLE

The test is from 8:15-11:30 am. Most students will be writing in their homeroom class. For those who are not, please see their homeroom teachers, IEP monitors or Mrs. Temple for their room location. Also, room locations are posted outside of SST and in the Cafeteria by student name. Students are encouraged to get lots of rest the night before, eat a healthy breakfast and come ready to do their best. For more tips on writing the test please visit the school website and follow the links to literacy as well as visit www.egao.com.

The schedule for the literacy test day for all students is:

Warning Bell: 8:16 a.m.

Morning Opening Exercises: 8:21 a.m.

OSSLT Testing (grade 10/re-write students only)

Booklet One: 8:30- 9:45 a.m.

15 minute break

Booklet Two: 10:00- 11:15 a.m.

LUNCH: 11:20 a.m. - 12:00 p.m.

All St. Benedict Students Period Two: 12:05-1:13 p.m.

Travel Time 1:13-1:18

Period Five: 1:18- 2:25 p.m.

ANNUAL REQUEST FOR STUDENT IMMUNIZATION RECORDS - UPDATE

Under the Immunization of School Pupils Act, Region of Waterloo is required to maintain the immunization records of all students in Waterloo Region. Enforcement of this Act ensures that students are immunized to protect both the student and the public from vaccine preventable diseases. Region of Waterloo Public Health collects and analyzes the immunization records of those students in elementary and secondary schools.

Secondary students will start receiving requests for immunization information in the mail in March 2009. Students who do not have complete records or legal documentation for exemption at Public Health may face suspension from school up to 20 days or until the records are completed and documentation is received.

Suspensions for high school students will occur on April 21, 2009. Questions? Call the Immunization Information Line at 519-883-2006 ext. 5273.

ATTENDANCE ISSUES If your son or daughter is absent from school on a particular day, please try to call the school by noon **that same day**. **The direct phone line for the attendance office is (519) 621-4001.**

UNIFORMS During the winter season, we remind students that non-uniform clothing is not permitted in the classrooms, and should be left in your locker. This includes hats and scarves. Students who want to wear a sweater in class must wear a Benny's sweater with the **B** logo. These can be purchased at Mark's Work Wearhouse.

WHO IS YOUR ADMINISTRATOR?

The administrative contact for your son or daughter is based on your last name:

A to F - [Mrs. Daly](#)

G to O - [Mr. Bellini](#)

P to Z - [Mrs. Leusink](#)

As always, feel free to contact our principal, [Mr. McKinnon](#).

HATS AND CELL PHONES: PUT THEM AWAY, OR LOSE FOR A DAY!

Students are reminded to keep hats and cell phones in their locker during the school day. Hats are not part of the school uniform, so they should not be worn in the school. Cell phones are distracting and hinder student progress, they should be off and put away.

Students who choose to wear hats or use cell phones in the school will have those items confiscated for the day and will be consequenced.

CHAPLAIN NEWS AND NOTES

By **MR. B. REMPEL**, CHAPLAIN

Wednesday, February 25 was Ash Wednesday, the beginning of Lent. We observed the day by gathering in the Caf for a liturgy and receiving the Ashes. The main emphasis for the liturgy was, "Ash Wednesday and the season of Lent remind us that doing the right thing is not always the easy thing. The life and death of Jesus remind us that at times we are called to make sacrifices in order to make people's lives better."

The annual Bennies Lenten Mission project will be supporting Ryans Well, a charity which provides rain catchment systems for African villagers. For \$958, a family gets a specially designed roof which channels rain water to a 10,000 storage tank. With available clean water, family members don't have to spend 3 hours a day carrying water from dirty streams. As well, many water born diseases are eliminated. As a school community we are challenging ourselves to fund as many of these systems as we can.

Academic

IMPORTANT LITERACY TEST DATES

Literacy Parent Night for all grade 10 parents will occur during the interview night March 9th from 6:30-7:30, weather date the Tuesday, March 10th (we thought having it during the interview time may encourage more parents to come to the meeting and/or interviews)

February 16 to March 25: every Monday and Wednesday - after school literacy prep in room 210, 2:30-4:00


Beginning the end of February until the test date: period 1 and 5 Grade 10 classes using the computer lab for test practice and skill building.

March 23 to 27: Literacy Lockdown week- all program areas reviewing and preparing for the test- various periods

during the week

March 25: All students who are writing a second time- information session in the chapel period 1 (30 minutes)- slips will be handed out via homerooms for attendance purposes.

March 30, 31, April 1: Lunch time test practice, free pizza and literacy help



Clicking on the blackboard on the Benny's website will take you to ClassNet

WHAT DO YOU HAVE FOR HOMEWORK? NOTHING?

Ah, that timeless answer students give to parents... Many of our teachers are now posting homework assignments on the board's homework repository, ClassNet. In order to get to ClassNet to check for homework, assignments, or other information for classes your son or daughter has, go to <http://classnet.wcdsb.ca>.

On the Benny's website, simply click on the blackboard in the bottom left corner of the screen and it will take you there.

WCDSB STUDENT SUCCESS SITE

<http://bss.wcdsb.ca>

Resources to help you help your son or daughter succeed.

EDITOR SHARES INSIGHTS WITH YOUNG WRITERS

By Mr. J. CURTIS

Jeff Hurst, Editor of the Cambridge Times, delivered an inspirational message to young writers at St. Benedict as a guest lecturer in the Applied Journalism and Writer's Craft courses.

He encouraged them to get an education in journalism and build a portfolio by freelancing for community newspapers, where students can begin building relationships in the news business.

"If you have a curious mind, and you love to write, you'll love working as a reporter," Mr. Hurst said. "Some days it requires more than a nine-to-five commitment, but it's worth it in the end."

Mr. Hurst shared insightful experiences from his over 20 years in journalism, including stints as a beat reporter in Thunder Bay, Oshawa, and Sarnia, along with memories from travelling all over the world.

He was invited to speak to budding journalists as part of an effort by teachers to bring the real world into the classroom by offering advice on everything from choosing journalism schools to meeting deadlines.

"You can't miss a deadline at a newspaper because the editor has a space open for the story," Mr. Hurst explained. "If you finish late, then the paper gets laid out late, then the presses are late, then the paper arrives at the front door late, then the advertisers get upset, and then it starts to hurt the bottom line. After all, it is a business."

The combination of real world consequences and business world caveats during the casual Q&A session impressed Writer's Craft teacher Mrs. Carmen Friedrich. "He really inspired students, but also gave them warnings on pitfalls to avoid as a young writer just starting out."

His voice took an ominous tone describing court cases, suspicious death investigations, and newspaper cutbacks, but he never lost his enthusiasm for meeting interesting people and telling their stories.

Although Mr. Hurst has spoken to elementary schools in the past, it's the first time he has addressed a journalism class and he felt encouraged by the interest level in the students.

In the coming months, the Language and Communications Department will welcome other informative journalists, such as Kathy Storrington from Grand Magazine and Marie Sutherland, an editor at the Toronto Star, for future lectures, as well as Sofia Baczynskyj from Friesens, our yearbook publisher, who will teach computer page layout software to the journalism students.

Bringing in Mr. Hurst to teach students about journalism is just another way that St. Benedict is bringing the world to our students.

"If you have a curious mind, and you love to write, you'll love working as a reporter," Mr. Hurst said.

IDC4U INTERDISCIPLINARY STUDIES: AUTONOMOUS



WILL WRITING WITH YOUR OPPOSITE HAND STRENGTHEN YOUR BRAIN? YES, IT WILL.

By Mrs. D. Wittmann

This kind of activity is called Neurobics, which is essentially doing things you normally do but done differently. For example, brushing your teeth with the other hand, taking a shower with your eyes closed, writing with the opposite hand, taking a different route to work, etc.

What happens in your brain while you're doing this becomes a brain exercise because different, underused nerve pathways and connections get activated. This stimulates the growth of new brain cells and brain connections.

According to the neurobics.com website, to be a

neurobic activity it must have one or more of the following:

1. Involve one or more of your senses in a novel context.
2. Engage your attention.
3. Break a routine activity in an unexpected, novel way.

TASK

The students in the 12U Autonomous class had to Select FOUR simple tasks they complete with their dominant hand, and for FOUR consecutive days, complete these tasks with their non-dominant hand.

RESULTS

Laughter, frustration, a lesson in patience, a new understanding, and a sense of relief at the conclusion of the fourth day, were all jottings put forth in the journals written by the Autonomous students after their participation in this activity.

This exercise is the introduction to our unit on Neuroscience. We will now be entering the wonderful world of the brain.

Come visit our site on ClassNet - Grade 12 (under Guidance)

MATH CONTEST MADNESS

Miss C. Stockie

This year has been a very busy one in the math department at St. Benedict. Beginning in November, two students completed in the Canadian Open Mathematics Challenge - and both Ara Cho and James Kyeong fared extremely well!

Math @ MAC - a newer on-line contest offered through McMaster University - saw 18 teams from Bennies competing. While no one from our school took home the big money prizes, a number of teams had impressive showings.

Then in February, Grade 9 and 10 students (sadly, no grade 11's came out this year) competed in the University of Waterloo's junior series of math contests. Weekly Math Club practicing certainly helped our grade 10's - Daniyal Abdali, Evan Peng, Ara Cho, Gabriel Desousa and Nathan Tierney all posted impressive scores! Congratulations also goes out to our top finishers in grade 9: Sabrina Sikora, Peter Reynolds and Talal Abdali!

Our next big events occur on Tuesday, April 7th and Wednesday, April 8th, where Grade 12 students will be completing the Grade 12 Euclid Math Contest, and Grade 9, 10, and 11 students will be working on the U of W's "elite" series of contests. Good luck to everyone, and don't forget to come out on every Tuesday and Wednesday after school to room 310 to practice and prepare with Dr. Chernysh!

NEW THIS YEAR - FIRST TIME EVER - ATTENTION MATH GEEKS.....

Miss C. Stockie

This year, the Waterloo Catholic District School Board is hosting the first annual Problem-Solving and Mathematics Team Competition! This amazing event will happen on Wednesday, May 13, 2009 from 9:00 - 12:30 at the School Board Office in Kitchener. Our St. Benedict team, consisting of 16 students (4 from each grade) will be competing

together on problems that will be hands-on, MAY require technology, involve group solutions, and are engaging and intriguing.

Transportation is being organized and paid for by the school board, a keynote address will take place, and prizes are awarded for the most impressive team scores.

Interested? Please see your math teacher or someone in the math office - workroom 3.1. More information on our Board-wide Math Contest info is also at <http://math.wcdsb.ca/>.

ST. BENEDICT'S 2008-2008 MATH LEAGUE: The next monthly contest is on TUESDAY, MARCH 31ST at 2:40 p.m. in room 310! The contest is open to students of ANY GRADE! Come out and practice at the Math Club - after school every Tuesday and Wednesday in Room 310!

MATH CLUB Every week ... Tuesdays and Wednesdays, we especially invite students who want to preview and prepare for up-coming math contests. University of Waterloo Grade 12 Euclid math contest is on Tuesday, April 7th. Meet with Dr. Chernysh after school in room 310. See you there!!

Clubs & Athletics

SAINTS BASKETBALL

2009 HOUSE LEAGUE BASKETBALL PROGRAM

THIS 10 WEEK PROGRAM IS DESIGNED FOR BOYS AND GIRLS ATTENDING A ST. BENEDICT CATHOLIC SECONDARY FEEDER SCHOOL.

No basketball experience is necessary.

Players must be prepared to learn, try their best and make new friends from other schools.

Age Divisions: Grades 4, 5, 6
Sundays from 1pm to 2:30pm
From March 29th to May 31st

Grades 7, 8
Sundays from 2:30pm to 4pm
From March 29th to May 31st

Cost: \$35

Registration: Wednesday, March 11, 2009
7pm - 9pm
St. Benedict Atrium
(enter through front doors
by the library)

PROGRAM FEATURES

- ☞ *Emphasis is on developing solid fundamentals and basic principles of play in a fun and encouraging environment*
- ☞ *Fundamental stations and/or large group instruction emphasizing offensive moves and defensive footwork*
- ☞ *Daily League games and team competitions*
- ☞ *Will be grouped according to gender if numbers permit*
- ☞ *League T-shirt for each player*
- ☞ *Certificate of Achievement*
- ☞ *Awards and Prizes*

FOR MORE INFORMATION CONTACT:

JOHN MALNERICH
AT:
ST. BENEDICT C.S.S.
519-621-4050 ext 250
Or
John.Malnerich@wcdsb.ca



Coaching staff includes

John Malnerich,
(Sr. Boys Coach)
and
Former and Current
Senior St. Benedict
Players

ATTENTION: ANY ONE INTERESTED IN THE OUTERS CLUB

Do you like the outdoors? Camping under the stars? Going for long hikes along the Bruce National Trail? If so, there is a very important outers club meeting on Tuesday, March 31st.

When? Tuesday, March 31st at 2:20 p.m.

Where? Room 315

See you there!

Ms. Novakovich, Mr. O'Connor, and Ms. Dutka

AFTER SCHOOL FITNESS CLUB

It is that time of year to start thinking about bathing suits and beaches!!! Come to the weight room after school to start working on those rippled abs. Students and teachers welcome. Open 2:30- 3:30 Mon - Thurs.

Other News

SHARE YOUR CARE!

BY MRS. L. TEMPLE

Andy Thibodeau, an exciting, unique, and entertaining speaker was at our school March 25th speaking to our grade 9 students and our student leaders. Andy focused on: Share Your Care! School Spirit is Caring, and Care is Contagious!

He talked about students bringing back that energy they had in grade 2 for caring, learning and having fun at school. He talked about daring to care and being oneself. He encouraged students to get involved in school and class activities. He stated that there are many rewards for caring:

1. The first reward of caring is learning.
2. The second reward of caring is that it changes the world.
3. The Third gift of caring is friends.
4. The final gift of caring is creating fun memories.

He encourage all students to care about friends, family and school the same way they care about millionaires from your favourite bands and teams- that is Andy's challenge to them.

Be sure to ask your son/daughter about this great presentation. Ask them what messages they heard...what was so great about grade 2 and can they bring this energy and enthusiasm to school now and finally ask them how does caring relate to getting involved at school?

Thanks to SAC and Link Crew for organizing such a wonderful opportunity for our students at St. Benedict.

SCHOOL COUNCIL MEETING Parents are invited to get involved in the St. Benedict community by joining our school council. Our next meeting will be Thursday, April 23 at 7:00 pm in room 103. New members are always welcome.

If you are interested in helping with school council activities, but cannot commit to the monthly meetings, we still want to hear from you! Send an email to our principal, [Mr. McKinnon](#), or to one of the school council co-chairs, [Andrew Bagley](#) or [Belinda Lutes](#).

INTERNATIONAL STUDENT HOSTS NEEDED Is your family interested in hosting an international student in your home? We are looking for people to make a commitment to hosting a student from September 2009 to June 2010. If you are interested, please contact: Margo Jones, Coordinator, International Program, 519-578-3660 x 2332, email margo.jones@wcdsb.ca.

Dates to Remember

March 23-27: Multicultural Week

April 2: Grade 10 OSSLT Test (alternate schedule above, as well as on website calendar)

April 5: PALM SUNDAY

April 6-10: Holy Week

April 7: Sr. Math Contests

April 8: Jr. Math Contests

April 9: School dance, 6:30-10:30

April 10: GOOD FRIDAY

April 11: HOLY SATURDAY

April 12: EASTER SUNDAY

April 13: EASTER MONDAY

Be sure to check the calendar on the school website for more information. Over the last few weeks our school's webmaster, Mr. Milardovic, has been revamping the calendar. It now has some really neat features, so keep your eye on it!

Miscellaneous

A SAD GOODBYE...

With the publication of this issue of BENN, we bid a fond farewell to one of our team members. Miss Bester, who has been covering a maternity leave since last April, will be leaving us at the end of this week. She has been instrumental in gathering a lot of the articles you see in the BENN newsletter. She has also been a valuable member of the Business Department, with wisdom beyond her beginning teacher years. We will miss her, and we wish her all the best in her future endeavours! At the very least, we hope she follows in all your footsteps and subscribes to BENN!

WE WANT TO KNOW what you think and how we can improve communication with you. Please email the Newsletter editor from the link below.

Check out our website at <http://stbenedict.wcdsb.ca> for news and information updates.

TWO HUNDRED AND FORTY AND GROWING! Encourage other parents to join our emailing list! We've now put an image right on the Benny's homepage--click on the icon, and fill in the form, and voila! There are currently **242** people on the list.

This newsletter is also available on the school website if you [click here](#). You may want to send this link to other parents rather than forward your email--doing so may alter the layout and generate the page incorrectly.

Any comments? [Send us an email!](#)

BENN STAFF: [Mr. Anton Milardovic](#), [Miss Bobbi Bester](#), [Mr. Michael Huemiller](#)

